

Daily Affirmations- August 2017

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

Affirmations have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Tue	Aug	1 st	Be great today.
Wed	Aug	2 nd	I can make it.
Thu	Aug	3 rd	Life is either a blessing or a lesson.
Fri	Aug	4 th	Can't never did anything.
Sat	Aug	5 th	Spread a smile. With God, all things are possible.
Sun	Aug	6 th	Giving up is never an option; especially with little ones depending on me.
Mon	Aug	7 th	Karma, What goes around comes around.
Tue	Aug	8 th	Change what you think so think about what you need to change.
Wed	Aug	9 th	I am better today than I was yesterday.
Thu	Aug	10 th	Love the Lord first, all else will fall into place.
Fri	Aug	11 th	My struggle made me humble. Let it do the same for you.
Sat	Aug	12 th	Life is what you make it.
Sun	Aug	13 th	Peacefulness of placement is a must.
Mon	Aug	14 th	Live for today because tomorrow is not promised!!
Tue	Aug	15 th	Failure is not an option.
Wed	Aug	16 th	Failure only occurs when you stop trying.
Thu	Aug	17 th	It is what it is. It will never be what it is not.
Fri	Aug	18 th	Live for today. Tomorrow is not promised.
Sat	Aug	19 th	Live for today and not tomorrow.
Sun	Aug	20 th	One day at a time. One decision at a time.
Mon	Aug	21 st	Your past does not make you who you are. Keep pushing forward!
Tue	Aug	22 nd	Pray until something happens
Wed	Aug	23 rd	You are what you think you are.
Thu	Aug	24 th	This too shall pass.
Fri	Aug	25 th	If at first you don't succeed, try, try again.
Sat	Aug	26 th	Smile, it doesn't hurt :)
Sun	Aug	27 th	Positive thinking = Positive results
Mon	Aug	28 th	Be someone down for the cause, not down for the count.
Tue	Aug	29 th	Don't make a permanent decision over a temporary problem.
Wed	Aug	30 th	It is never right to do wrong. It is never wrong to do right.
Thu	Aug	31 st	Attitudes are contagious, be careful what you spread.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

"Be the change you wish to see in the world" - Gandhi

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power.
One Day at a Time.